



# Biomechanics For Dummies

*Steve McCaw*

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**A thorough explanation of the tenets of biomechanics**

At once a basic and applied science, biomechanics focuses on the mechanical cause-effect relationships that determine the motions of living organisms. *Biomechanics for Dummies* examines the relationship between biological and mechanical worlds. It clarifies a vital topic for students of biomechanics who work in a variety of fields, including biological sciences, exercise and sports science, health sciences, ergonomics and human factors, and engineering and applied science. Following the path of a traditional introductory course, *Biomechanics for Dummies* covers the terminology and fundamentals of biomechanics, bone, joint, and muscle composition and function, motion analysis and control, kinematics and kinetics, fluid mechanics, stress and strain, applications of biomechanics, and black and white medical illustrations.

- Offers insights and expertise in biomechanics to provide an easy-to-follow, jargon-free guide to the subject
- Provides students who major in kinesiology, neuroscience, biomedical engineering, mechanical engineering, occupational therapy, physical therapy, physical education, nutritional science, and many other subjects with a basic knowledge of biomechanics

Students and self-motivated learners interested in biological, applied, exercise, sports, and health sciences should not be without this accessible guide to the fundamentals.

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